

Kick it up a notch and workout at Colony this Summer!

Colony Fitness Classes 2014



Yoga on the Beach

Tuesday and Thursday mornings from 7-8 a.m.

Bring your yoga mat or a towel and join Nicole Lepore for Vinyasa yoga on the Colony beach. No experience required.

Outdoor Fitness Bootcamp

Monday, Wednesday and Friday mornings from 7-8 a.m.

Challenge yourself in a motivating group environment, burn lots of calories, work your entire body and have fun! Join instructor Patti Foot to get motivated, get challenged and get results.

Membership at Colony is NOT required to sign up for fitness classes.

Sign up on [Community Pass](#)

\$90 for 4-weeks of Boot Camp

\$150 for 8-weeks of Boot Camp

\$75 for 4-weeks of Yoga

\$125 for 8-weeks of Yoga

\$265 Combo Package for 8-weeks of both Boot Camp and Yoga

Visit the Township Website page
[Fitness Classes](#) - for more information

Dates:

Boot Camp: June 30 and July 2, July 7, 9 and 11, July 14, 16 and 18, July 21, 23 and 25, July 28, 30 and August 1, August 4, 6 and 8, August 11, 13 and 15, August 18, 20 and 22

Yoga: July 1 and 3, July 8 and 10, July 15 and 17, July 22 and 24, July 29 and 31, August 5 and 7, August 12 and 14, August 19 and 21